



THE PRACTICAL HOUSEKEEPER'S OWN PAGE



Hot Weather Food Hints.

As the temperature rises the appetite declines and the average individual wonders how he ever managed to sit through an eight course dinner. Most of us feel that we could content ourselves on a diet of fruit and liquids, but such a diet lacks sustaining qualities.

"Why not, then, adapt the diet of the tropics to the summer months here?" is the suggestion of a man who has spent many years near the equator.

"A fruit and vegetable menu is all very well for men and women who are not called upon to spend several hours in the performance of some daily occupation," he went on, "but working folks need some kind of animal food. At least one meal a day should consist of fish, meat or poultry. In the tropics these three articles form an important part of the daily menu, but they are prepared in a different way from the ones in vogue here and they are accompanied by vegetables and fruit, which help to allay the heating properties attributed to a meat diet."

"Sliced cold meats daintily served with a crisp green salad will tempt the appetite of almost any one whose idea of a real meal is beefsteak or a steaming roast. Then well cooked meats such as lamb, beef, or possibly veal, combined with snowy flakes of rice and eaten with a curry sauce, provide plenty of fuel for the human furnace and keep the blood from becoming sluggish. Most people who have not liked curry before they lived in the tropics have grown very fond of it on account of the delicious fruit chutney served with it. Mango chutney is especially good."

"There is a well known West Indian dish called squab pie without so much as the wing of a squab in it. It is appetizing all the same. It is made of layers of pork sliced thin, chopped apples or cho chos, and onions, all boiled with cloves and with lime juice poured over it. The dish the pie is baked in is lined with a rich and flaky pie crust and another crust is put over the top after the 'squab' has been smothered in a highly flavored gravy. Onions, despoiled though they be, are an unrivaled summer tonic."

"Curried fish is one of the mainstays of the tropical meal, and salt fish and rice done as we have it down there will tempt an appetite when more elegant viands fail to inspire a glimmer of interest. Odd as it may seem, soup forms a substantial part of the all the year diet with us, and the hotter it is in the way of seasoning the better we like it. Pepper pot lives up to the temperature of its name, yet in spite of that it is not heating, and after drinking a plate of it one actually feels cooler and braced up. I suppose it's on the same principle that hot tea tends to cool one off more than iced tea does, in the end."

"To make pepper pot an earthen bowl is used and into this are put many quarts of cold water as required with three table-spoonfuls of pure cassia to each quart. Then salt and a handful of bird peppers or, if these are not to be had, cayenne. Cooked meat of any kind cut into dice and two or three hard boiled eggs cut in the same way are added and the whole is allowed to simmer for several hours. This palatable and nutritious dish is always kept on hand in the well-regulated West Indian household and the original stock is added to from day to day."

"To take the place of meat there is nothing more satisfactory than rice and peas. Both are boiled separately, the rice ever so little, and then the two are put together and cooked with a bit of pork, butter and pepper. An entire dinner may be made of curried chicken if it is served after the West and East Indian mode. A little grated fresh coconut, a bit of thinly-sliced smoked salmon, gherkins, chutney and pickled beet root give a distinct flavor and relish to it and take the place of vegetables and salad."

"The banana is a most satisfying fruit and the quantities now being shipped into this country show that it is rapidly becoming a very important article of diet. In the morning when you feel a little bit seedy and nothing tempts your appetite, try a dish of thinly-sliced bananas with lime juice squeezed over them and you will find that you soon begin to take an interest in things about you."

"As a vegetable bananas roasted in their skins for about half an hour, or until the outside looks black, are pronounced delicious. When they are baked they are split open, dusted with powdered sugar and then lime juice squeezed over them. To make a very good imitation of strawberries and cream bananas mashed to a pulp and mixed with strawberry jam and cream, then served in a tall thin parfait glass, will almost persuade you that the season of fresh strawberries has returned."

"Coconuts furnish another good meat and vegetable understudy. Now there is 'Ricey Coco,' for instance. This is a popular dish in warm climates and is so simple to prepare that it is widely known there isn't a doubt but that it would be promoted to a regular position on the daily menu, at least in summer. Rice is first boiled until it is soft yet with every kernel separate—Chinese style—then to it is added some coconut cream previously prepared, a little nutmeg, some cinnamon, rose water and sugar. The whole is so good it makes my mouth water just to think of it."

"What strikes me as strange is that so few people here have ever tasted coconut cream, and so far I haven't found a single restaurant where they make it, and yet you get fresh coconuts here in season. With guava jelly

and almost any of the fresh fruits sliced, or even preserved fruits, it gives a deliciousness and richness unequalled, to my thinking. To make it, take the white meaty part of a fresh coconut, the fresher the better, grate it and pour boiling water over it, making the proportion a quart to a medium sized coconut. When this has cooled strain the cream through a cloth and you will find the cream rich and smooth and having a delicate coconut flavor. With savories, tarts and fancy entrees it is piquant."

"I mustn't overlook drinkables, for at this time of the year one longs for something cool, something novel enough to excite interest, and above all something that will quench thirst. To satisfy in all three things I recommend a Planter's Punch, one of the simplest concoctions in the world and just the thing for hot weather. The old resident of the tropics never takes his Planter's Punch after luncheon, and if he limits himself to only one it is invariably brought to him about 11 o'clock. Usually, however, he begins the day with one and keeps one close at hand until the sun has passed the meridian; then he takes to whisky and soda for thirst quenchers. A Planter's Punch is a mixture of lime juice, Jamaica rum and water. First a strong limeade is made with plain water, and poured into a highball glass with plenty of ice. Enough of the rum is put in to suit, usually about two fingers, and after the punch is stirred nutmeg may be grated over the top, though the connoisseur omits this last ingredient. To the uninitiated a Planter's Punch is somewhat insidious."

"Lime squash is an English drink and is perfectly harmless. It's exactly like a limeade, with soda instead of plain water, and some prefer it to its American cousin, lemonade, on account of its cooling qualities. It takes two limes to each glass, ice and a bottle of soda. The limes are squeezed into a glass with crushed ice, a bit of sugar is added and then the soda."

"Sangaree is attractive to the palate and is quite simple to make, though it requires a greater number of ingredients than a Planter's Punch. Plain water poured into a highball glass, a medium sized spoonful of sugar, grated nutmeg and a long strip of lime peel form the foundation of this refreshing liquid, and after all this is well stirred a wineglass and a half of sherry is poured in and followed by plenty of crushed ice."

MAKING A PLAIN WOMAN BEAUTIFUL

"The most impossible woman in my class," said a beauty doctor, "is one who has no good points at all. She is thin as a rail, and her face is like a walnut. Every bone shows, and the bridge of her nose is high and horny."

"This woman came to me and said: 'I want to look pretty. Dress me as you will.'"

"Taking a good long look at her, I said:

"Keep on your hat always; let nothing short of a fire persuade you take it off. And, even in a fire, keep it on as long as you can. Don't take it off until the flames lick it off, for your hat is your salvation."

"Then I worked at her hair until it was a mass of dolly curls and tiny little ringlets. No spoiled beauty of the olden time ever surrounded her face with as many tiny little curled wisps of hair as did this woman. Perhaps I bleached them just a trifle to give them that lovely deep, golden brown, reddish bronze tinge."

"Then I built her a hat. It was so big that it fairly overshadowed her. It sloped downward at the back and downward at one side, while the other side fairly dripped with long curling feathers."

"It was charming. When I set it upon her head she nearly cried with joy."

"To think I should live to see myself look like that!" she said.

"And then she fell to work coaxing me to complete the job."

"Learn to hold your chin up," said I.

"And of course you will always wear a band of something around your throat. A little lace or a slender jeweled dog collar will do; but be sure to hold your chin up."

"Next learn to be coquettish. Turn your head a little to one side. Lift your chin. Let your head rest well back and cultivate a happy expression."

"You have nice teeth. Learn to smile. Let your upper lip wrinkle over your teeth until you have that happy, girlish look at which we all aim."

"And all the while keep your head back. Your eyes will look pretty and your hat will shade them so that they will look expressive."

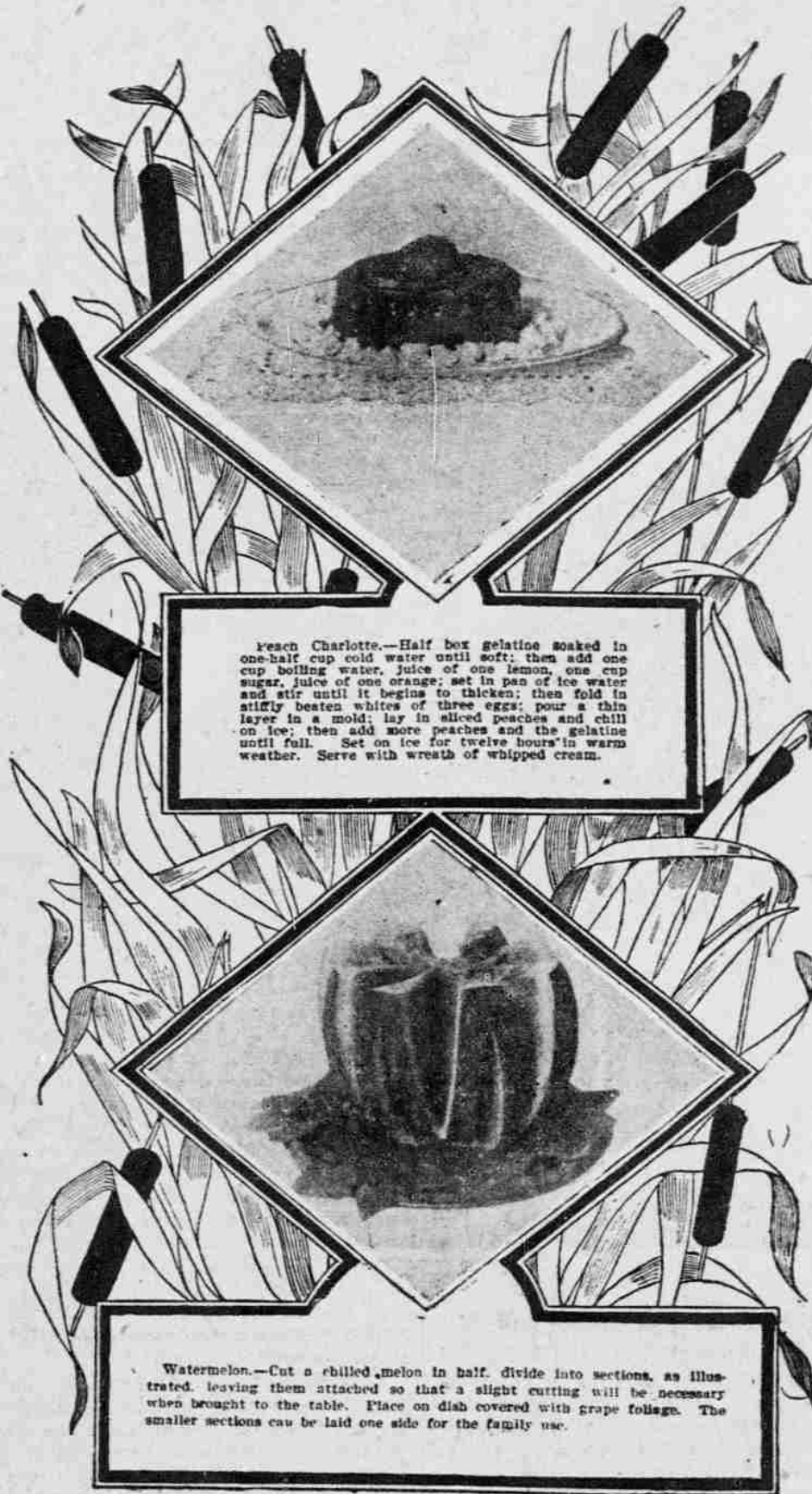
"She did as told and scored a success. She has even been called a beauty."

"There are women who are of the saucy type, and these can look you right in the eye. They are best with the full front face exposed to view, because the mouth looks saucier so."

"Women with the long nosed sort of face look best with the head as far back as possible. The Margaret Anglin type of face looks best so."

"The girl with small features should part her hair and let you see her with full front face. The girl with classic face should part her hair and comb it back at the sides in a roll such as they wore in 1860. It shows off the girlish temples."

"All women should study the trick of showing the teeth without appearing to do so, and all should try to have dimples."



Green Charlotte.—Half box gelatine soaked in one-half cup cold water until soft; then add one cup boiling water, juice of one lemon, one cup sugar, juice of one orange; set in pan of ice water and stir until it begins to thicken; then fold in stiffly beaten whites of three eggs; pour a thin layer in a mold; lay in sliced peaches and chill one hour; then add more peaches and the gelatine until full. Set on ice for twelve hours in warm weather. Serve with wreath of whipped cream.

Watermelon.—Cut a chilled melon in half, divide into sections, as illustrated, leaving them attached so that a slight cutting will be necessary when brought to the table. Place on dish covered with grape foliage. The smaller sections can be laid one side for the family use.

Inexpensive Dishes

Practical housekeepers, did you note Sunday's Advertiser of August 5th? Just what I have wished for! Now, will you not contribute some of the good and useful things you have learned by experience and help make this page practical, sensible and unique by the absence of the usual superfluities in the details of preparing of foods, such as "rich golden brown color," washing clean of utensils, cloths, vegetables, etc.?

Many new-comers will be glad to learn various ways of preparing our fruits, in which I am sure some of the dear, old "down east" mother's ingenuity is not lacking.

Meats are gradually taking a secondary place and we must learn to substitute in its place vegetables, fruits, nuts, etc., in good, wholesome, nourishing dishes.

I give a few notes from my experience:

Alligator Pears, when over-ripe, can be cooked in olive oil, or butter, and eaten hot, or served for salads, or sandwiches; the flavor is not changed.

Soursop.—Remove the skin, mash and press the pulp through a cullender, set it on ice for a delicious dessert. Add a cup of water to the seeds and remains, which makes a refreshing drink.

Ripe Mango Jam.—Peel, cook soft, adding very little water, turn in cullender, press out the pulp, boil slowly as thick as desired; no sugar needed. Pour in jars, tie cotton batting over if you have not self-sealing jars. Very little of the woolly fiber passes through when the seeds are left in.

Bananas Fried.—Peel, leaving them whole, if not too large; roll in any kind of uncooked cereals used for mush, and add seasoning to suit. A little sugar makes them richer. Fry in oil, butter or other grease you prefer. Celery salt is handy and good in flavoring foods, using but little.

Raw Peanuts are also excellent and preferable for flavoring than the baked, being more delicate and we know their value as food. To prepare, place them in a cool oven, or on top of stove. When dried through, they will shell readily and the unpleasant raw taste will have gone. Grind them in your food-grinder, add a spoonful to soups, or any other foods. You will soon learn to appreciate its goodness. Be sure to purchase nuts of all kinds—especially the Brazil—when they arrive in market fresh, and spread them thinly on a shelf or floor in a cool, airy place.

Will some one give their success with coconut milk and butter-making, tools needed, etc. It is delicious, but tedious, and with small results.

Am surprised at the ease with which bananas may be dried.

MARY OLIVE COONRADT.

MILK AND OLD AGE.

When Mrs. Mary Fay was 105 years old she was lost in Central Park for two days, but suffered little apparent harm in her wanderings. That was a month ago. Upon her death last week physicians found her body well nourished and normal, like that of a much younger woman. For forty years she had lived on bread and milk.

Milk is more nearly a complete food than any other substance, yet the kind of milk required at different ages differs greatly. A child needs "whole" milk, rich and creamy. The earth salts in it build up his bones and supply energy for his incessant activity. The sale of skimmed milk is properly forbidden in the city because children make by far the greater use of milk, but for persons of fifty and over, skimmed milk is actually better. Bone-building materials are no longer required and the richer ingredients overload the digestion and invite disease. So that if Mrs. Fay used a poor quality of milk, on which a child would starve, that may have prolonged her life.

Prof. Metchnikoff's theory that skimmed milk, sour milk, curdled milk, buttermilk and the like are favorable to longevity is thus not opposed to the popular and correct idea that milk is not good for elderly people. If in a family half the household supply of milk is skimmed for the adults and the cream is added to the other half for the children, every one should be

suited. And in old age, which in Mrs. Fay's case began at sixty-five, little or no meat should be eaten.

Science has greatly increased the average duration of human life, and the process is only at its beginning. Thus far the study has been mainly to cure disease. Diet and the prolongation of life will be an increasing care in the future.

FEEDING ROSES ON MEAT.

"I have yet to see a rose equal to those grown in Rome," said the amateur horticulturist. "They bloom in the greatest abundance all through the winter and they are as large and rich and velvety as American beauties. Living out of doors, climbing like ivy honeysuckle over the crumbling marble walls of ruined temples, gleaming in crimson and green masses upon ancient columns giving to the grimiest and saddest of medieval palazzos an air of gaiety and youth."

"One day on the Via Sistina, as I passed the garden that had once been the garden of Lucullus, I saw an old man tending the superb roots that grow there. He was pouring on their roots a dark, rich-looking fluid."

"Why are the Roman roses so beautiful and abundant?" I said to the old man.

"Because they eat meat," he answered.

"Eat meat? Nonsense," said I.

"Well, they drink meat—meat extract, which is the same thing," said

Chafing-Dish Specialties.

Macaroni Rarebit.—One-half pound macaroni, one and one-half pints of milk, one pound of cheese, butter size of an egg, a dash of cayenne pepper; take the macaroni, which has been cooked previously until tender, drain and place in the chafing dish with the milk, grated cheese, butter, pepper and saltspoon of salt; remove from the flame as soon as the cheese has melted and pour over buttered toast.

Glorified Rarebit.—Put one teaspoonful of butter in the hot blazer without the hotwater pan, add one-half teaspoonful of salt, one-quarter teaspoonful of paprika and the same of mustard; when hot add one cup of cream or rich milk, then add one cup of soft bread crumbs; when this boils add one cup of fresh dairy cheese cut into bits and let it just melt, then add the well beaten yolks of three eggs; stir for a moment and then fold in the whites of the eggs, beaten stiff; pour immediately over hot buttered toast, not too hard, and eat while it is still "souffle."

Green Peppers on Toast.—A delicious relish to serve with any chafing dish compound is crisp, thin slices of toast sprinkled with green peppers that have been chopped to the last degree of fineness and covered lightly with a little mayonnaise.

Mushrooms with Bacon.—One pint mushrooms, one-half dozen slices of English bacon. Fry the bacon in the usual way; just before it is done add the mushrooms and fry slowly. Serve as hot as possible.

Olive Omelet.—Half can mushrooms, quarter cup of olives (plain or stuffed), and cream. Chop the olives and mushrooms and beat in enough strictly sweet cream to make a paste; season; make a plain omelet and just before serving fold in the paste. Served with stoned olives and parsley to garnish.

Eggs with Green Peppers.—Six eggs beaten with cup of cream, two table-spoons of butter, three finely minced sweet green peppers (small), two table-spoons grated cheese, one tablespoon tomato catsup. Cook all ingredients except eggs and cream for two minutes. Then add eggs and stir until thick. Serve on toast or crackers. (Cheese may be omitted if desired.)

Curry of Mushrooms.—One quart mushrooms, one table-spoonful of butter, one table-spoonful of flour, one-half cup cream, one table-spoonful of curry; stew the mushrooms twenty minutes in enough stock to cover them well; add butter and thicken with curry and flour; boil slowly ten minutes longer; just before taking from the fire add the cream; serve on hot toast.

Sweetbreads with Peas.—Three small sweetbreads, one teaspoon butter, half pint beef or veal broth, half teaspoon browned flour. Put the butter into dish and add sweetbreads. When they have absorbed the butter add the broth, salt, white pepper and flour. When the broth is reduced one-half turn the contents of the chafing dish into the dish for serving, keeping covered while the peas are prepared, which quickly is done by opening a can of French peas, warming thoroughly. Add salt, pepper and a tablespoon of butter. Serve on sauce dish as sweetbreads.

many thousands of dollars. Quaint Dutch casements light the octagon-shaped room and they are draped with handspun fabrics decorated with sampler stitch. From the center of the concave roof, finished with colored tiles, hangs what looks like a large stained glass square lantern in which was doubtless placed in the old days a lamp or a candle, but which now conceals an electric bulb.

Electric lights are perhaps the only modern accessory in the room, barring a radiator which supplements a log fire in cold weather.

The tall mantel, the deep fireplace, the andirons, the fire tiles, &c., of this room were all brought from Holland, and the sight of them carries one back hundreds of years. On the mantel and ranged along shelves underneath are tankards, jugs and mugs of silver, of pewter and of stone, bearing dates and inscriptions which show they were used in the seventeenth and eighteenth centuries in German and Dutch homes.

Their money value lies in their age rather than in the material or workmanship.

The same may be said of the chairs and tables and settees, and of the time-worn articles of bric-a-brac which adorn the tables. Sofa pillows, table covers, even the rugs on the floor, all illustrate German hand industries.

Some of these are of comparatively modern make, others are really antiques. Outside the entrance door hangs an old German latch string and cluster of bells, and over the lintel is an inscription in German welcoming the visitor.

After inspecting this Dutch tea room one guest announced her determination to own a French tea room, some of her ancestors having been residents of France, and several Japanese tea rooms, the easiest perhaps to reproduce, are already completed.

As a result visitors of an afternoon willingly trail their silks over lawns to drink tea in this Dutch tea room, which for all its seeming simplicity cost

TEA ROOMS IN COUNTRY HOMES

A tea room furnished with articles representative of one country is an attractive feature of many country homes. Such a room serves a triple purpose. It gives a reason for collecting—an outlet for the collecting fever which sooner or later strikes every New York woman of fashion and wealth with a home of her own; it acts as an incentive to take the yearly trip to Europe and it offers an interesting show place to which the proud hostess may conduct guests who drop in at the tea hour.

In some cases this new style tea room is built separate from the main house but connected by a covered way. In one instance the owner, a woman of large wealth, annexed the tea room to the dwelling of her overseer and farmer, situated in a most picturesque part of the estate at no great distance from the main house.

As a result visitors of an afternoon willingly trail their silks over lawns to drink tea in this Dutch tea room, which for all its seeming simplicity cost

GOOD SOAP

There is nothing in the use of cheap soap—dirt does not appeal to the cleanly woman and she cannot remove it from the floors, nor the clothes, with inferior soap.

To be good, soap must contain tallow, an ingredient missing from soap made on the Mainland. Our bills for tallow are silent evidence of the superiority of our product—clean floors and cleaner clothes are corroborative testimony. Any grocer will deliver you a case of our Honolulu-made soap for—

\$3.75

and each bar is worth two of the other.

Honolulu Soap Works Co., Ltd.

F. L. WALDRON, Agent.